

Symptoms Report (show only My Aversions)

Example Evening Meal

Brain Fog				
Gluten Intolerance				7
	Ben & Jerry's Coffee Caramel Buzz Ice Cream			(USA)
			Barley Malt	
			Barley Malt Extract	
			Wheat Flour	
	Kashi Mushroom And Asparagus Risotto			(USA)
			Barley	
			Oats	
			Rye	
			Triticale	